

Daily Dose of Relaxation- Keeping Your Stress in Check

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- 🧘 Practice a relaxation strategy or technique every day!
- 🏠 Strengthen your support system and network
- 🚴 Get regular exercise
- 💡 Express yourself in creative ways!
- 🕒 Keep on doing the good things that are calming and relaxing!
- 🌙 Get plenty of sleep and eat properly...
- 🤸 Find ways to reduce your muscle tension...
- ☎ Obtain help if you need it